



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 14015, Alcoholic beverage, pina colada, canned

Report Date: July 04, 2017 14:53 EDT

Nutrient values and weights are for edible portion.

Food Group : Beverages

Carbohydrate Factor: 3.9 Fat Factor: 8.5 Protein Factor:3.4 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 32.6g	1 can (6.8 fl oz, 200 ml) 222g
Proximates						
Water	g	54.90	1	--	17.90	121.88
Energy	kcal	237	--	--	77	526
Energy	kJ	992	--	--	323	2202
Protein	g	0.60	1	--	0.20	1.33
Total lipid (fat)	g	7.60	1	--	2.48	16.87
Ash	g	0.30	1	--	0.10	0.67
Carbohydrate, by difference	g	27.60	--	--	9.00	61.27
Fiber, total dietary	g	0.1	--	--	0.0	0.2
Minerals						
Calcium, Ca	mg	1	1	--	0	2
Iron, Fe	mg	0.03	1	--	0.01	0.07
Magnesium, Mg	mg	6	--	--	2	13
Phosphorus, P	mg	36	--	--	12	80
Potassium, K	mg	83	1	--	27	184
Sodium, Na	mg	71	1	--	23	158
Zinc, Zn	mg	0.20	--	--	0.07	0.44
Copper, Cu	mg	0.087	--	--	0.028	0.193
Manganese, Mn	mg	0.319	--	--	0.104	0.708
Selenium, Se	µg	0.7	--	--	0.2	1.6
Vitamins						
Vitamin C, total ascorbic acid	mg	1.5	--	--	0.5	3.3
Thiamin	mg	0.017	--	--	0.006	0.038

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 32.6g	1 can (6.8 fl oz, 200 ml) 222g
Riboflavin	mg	0.005	--	--	0.002	0.011
Niacin	mg	0.104	--	--	0.034	0.231
Pantothenic acid	mg	0.054	--	--	0.018	0.120
Vitamin B-6	mg	0.017	--	--	0.006	0.038
Folate, total	µg	6	--	--	2	13
Folic acid	µg	0	--	--	0	0
Folate, food	µg	6	--	--	2	13
Folate, DFE	µg	6	--	--	2	13
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	1	--	--	0	2
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	24	--	--	8	53
Lipids						
Fatty acids, total saturated	g	6.571	--	--	2.142	14.588
6:0	g	0.044	--	--	0.014	0.098
8:0	g	0.570	--	--	0.186	1.265
10:0	g	0.459	--	--	0.150	1.019
12:0	g	3.391	--	--	1.105	7.528
14:0	g	1.275	--	--	0.416	2.830
16:0	g	0.622	--	--	0.203	1.381
18:0	g	0.211	--	--	0.069	0.468
Fatty acids, total monounsaturated	g	0.442	--	--	0.144	0.981
18:1 undifferentiated	g	0.442	--	--	0.144	0.981
Fatty acids, total polyunsaturated	g	0.137	--	--	0.045	0.304
18:2 undifferentiated	g	0.137	--	--	0.045	0.304
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	9.0	1	--	2.9	20.0